



Live better with better hearing™

Initial Score		Tinnitus
	Final Score	

Circle your answer for each question below.

0. I am aware of ringing in my ears (Tinnitus).

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never/NA

1. I have difficulty clearly hearing and understanding people over the phone.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

2. When talking with a small group of 2-3 people, I ask them to repeat what they say.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

3. People sound like they are mumbling.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

4. I prefer to avoid noisy places and events because I cannot hear well there.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

5. I prefer to watch TV much louder than my family and friends.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

6. I will nod or reply to questions and comments when I do not understand them clearly.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

7. At social events and in groups, I prefer to avoid conversations since I cannot hear people clearly.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

8. My family, friends, or colleagues say I should have my hearing tested and improved.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

9. I am worried about whether I hear well enough.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

10. Because of my hearing, I am generally less at ease with myself than I would like to be.

10 9 8 7 6 5 4 3 2 1 0
 Always Very Frequently Frequently Half-the-Time Occasionally Rarely Never

Sometimes we hear the 'wrong' thing. Please share a memorable question, comment, or punch line you mis-heard.

Example: I thought my wife said "There's Governor Abbott", but she actually said "There's a little rabbit".

Which words describe how you feel about your current level of hearing and understanding.

- Anxious ▪ Concerned ▪ Energized ▪ Hopeful ▪ Timid
- Angry ▪ Confident ▪ Embarrassed ▪ Optimistic ▪ Unconcerned
- Calm ▪ Depressed ▪ Frustrated ▪ Pleased ▪ Unhappy
- Other _____